

**TIBHS Lunch Menu 2022-23**

Week 1	Monday	Tuesday	Wednesday	Thursday
<i>Main Course</i>	Battered Fish	Roast Chicken	Chicken Shawarma	Butter Chicken
	Cheese & Onion Pie	Macaroni & Cheese	Chef's Special Pizza	Chickpea/Potato Curry
<i>Accompaniments</i>	Herby Potato Cubes	Mashed Potato	Chips	Naan
	Baked Beans	Carrot Batons	Curry Sauce	Plain Rice
<i>Dessert</i>	Fruit yoghurt	Jelly	Brownie with fresh cream	Strawberry Trifle
Week 2	Monday	Tuesday	Wednesday	Thursday
<i>Main Course</i>	Chicken tikka roll	Peri Chicken and Potato Pie	Battered Fish	Daal Chaawal
	Falafel Pitta	Cheese & Tomato Panini	Vegetable Burger	Vegetable Quiche
<i>Accompaniments</i>	Spicy Potato Wedges	Garlic Bread	Chips	Onion & Yoghurt Kachumber
	Gravy	Mixed Salad	Baked Beans/Curry Sauce	Baby Potatoes
<i>Dessert</i>	Flapjack	Fresh cream cake	Vanilla sponge with custard	Mousse
Week 3	Monday	Tuesday	Wednesday	Thursday
<i>Main Course</i>	Chicken Tikka Pasty	Chicken Hakka Noodles	Chef's Special Pizza	Bombay Biryani
	Vegetable Noodles	Vegetable Pasta	Gourmet Beef Burger	Vegetable Stir Fry Rice
<i>Accompaniments</i>	Herby Potato Cubes	Garlic Bread	Chips	Roast Potatoes
	Carrot Batons	Steamed Vegetables	Sweetcorn/Peas	Raita
<i>Dessert</i>	Belgian waffle	Raspberry buns	Chocolate sponge with mint custard	Jelly

Note: An alternative option of cold sandwiches, baguettes and jacket potato will be available daily.